



WEBSTER HILL CONNECTION

October 14, 2010

Dear Parents,

Our teachers are very skilled at maximizing learning by making the most out of every minute of the school day. It's amazing how much children accomplish in the first 10 -15 minutes of school. You can help, too. When children arrive late to school, they miss out on the morning routine, morning announcements, important social interactions, and the first assignment of the day. If there is district testing, we don't interrupt classrooms; therefore, while your child may be 10 minutes late, he/she will have to sit in the office waiting for an hour until testing is complete. We also ask that you try not to pull children out of school near the end of the day. Teachers review homework assignments, pass out important notices, and most importantly, put closure on the day's learning. Missing the last 10-15 minutes of the day can have an impact on students as well. Outside of emergencies, we ask that you help us take advantage of every possible learning opportunity for your child.

Congratulations to the following students who earned a STRIVE award since the last

<i>Connection:</i>	Sophia T.	Juan V.	Ava J.
Connor S.	Nicholas K.	Sarah L.	Jaheim B.
Sophia L.	Jayden C.	Kyara M.	Katrina G.
Tiffany D.	Ella T.	Mark P.	Alison P.
Makaylah P.	Azaria P.	Sean B.	Erik E.
Thalia P.	Keyara O.	Nam N.	Sofia F.

Jeff

Kim Jackson, Curriculum Specialist

"Virtually all young children like mathematics. They do mathematics naturally, discovering patterns and making conjectures based on observation. Natural curiosity is a powerful teacher, especially for mathematics." (EVERYBODY COUNTS: A Report to the Nation on the Future of Mathematics Education, p.43, 1989)

The Webster Hill students will be busy during the months of October and November as they prepare to take the district-wide fall math assessment. The math assessment combines both multiple choice and open-ended response questions. These types of questions provide teachers with a beneficial view of how their students are thinking. The questions are designed to give students the opportunity to demonstrate math computation, reading and interpreting different types of graphs, using estimation strategies, and problem-solving skills. The concepts and skills are leveled based on the grade, and follow the WHPS math objectives. The feedback from this assessment gives the teachers a window into each child's understanding and conceptual development in mathematical reasoning. The results provide data for the teachers to work from. This information helps teachers to plan better and more differentiated instruction, meeting the needs of all of our learners. Please contact me or your child's teacher if you have questions about the WHPS Mathematics Assessment.



WEBSTER HILL PRE-KINDERGARTEN

Applications for the 2011—2012 Pre-Kindergarten program at Webster Hill School will be available beginning October 22 in the Residency Office at the Town Hall, in the school office and on the West Hartford Public Schools website (www.whps.org).

Applicants must be four years old on or before January 1, 2012 **and** reside in the Webster Hill School neighborhood.

Please plan to attend the Open House informational meeting on Thursday, December 2, at 6:00 p.m. at Webster Hill School. Enrollment will be granted based on a lottery system. Tuition will be assessed on a sliding scale based on gross yearly income. Proof of West Hartford residency will be required in order to apply.

For additional information about the Open House, please call the school office at 860-521-0320.

COMMEMORATING VETERANS' DAY November 2010

Webster Hill School will recognize our nation's veterans on Thursday, November 11. If you or someone you know are willing to come in and speak to small groups of students about your military service, please contact Kim Jackson, Curriculum Specialist, at Kim_Jackson@whps.org or 860-521-0320, Ext. 138. The students and staff of Webster Hill School look forward to honoring our nation's veterans.



TEST OF COGNITIVE SKILLS

During the third week of October, all third graders will take the Test of Cognitive Skills. It is part of our test taking program and the purpose of the test is to provide information on students' ability to think rather than on their achievement. The test takes approximately one hour and is completed in two sessions.

As always, your assistance in assuring your child is well rested and present in school will be helpful.

THURSDAY MORNING READING GROUP



October 21 is the first day for our new before school reading group open to all students. We will meet in the gym from 8:00-8:30 am every Thursday morning.

All students should come with a book to read. Each week we will do some silent reading, as well as reading with partners or in small groups, and listening to great books read aloud.

Please join us in the gym to read any Thursday before school starting October 21, 2010. If you have questions, please contact me at 860-521-0173, Box #139.

Mrs. Shahverdian

PARENT CONFERENCE WEEK

November 9—12, 2010

Dismissal at 3:20 on November 8.
Dismissal at 1:30 on November 9, 11, 12.
Dismissal at 2:00 on November 10.

The West Hartford Cultural Council Presents . . .

Mariachi Fiesta Del Norte, Music of Mexico


Dressed in traditional "charro" outfits, their repertoire spans from the Mariachis of Jalisco to the Nortenas of Chihuahua, to the harp music of Vera Cruz, down to the Marimba music of Chiapas. All this played on authentic instruments such as guitar, vihuela, guitarron, violin, harp, bajosexto, trumpet, accordion and marimba with beautiful singing throughout. Song translations, storytelling and cultural insights are interwoven between musical numbers.

A member of the CT Commission of Culture and Tourism since 1986, this Hartford-based group has serenaded New England audiences at major festivals, First Nights, colleges, schools (K through 12), libraries, town greens, rest homes and many other facilities.

A hallmark of a *Fiesta del Norte* concert is the wonderful audience participation with singing, dancing, hand-clapping, maraca-shaking, and the joyful calls or 'gritos' heard on every song. Our concerts are often bilingual and designed for all cultures and age groups. So put on your sombreros and celebrate Mexico with *Fiesta del Norte*!

Join us at Webster Hill to celebrate this wonderful performance sponsored by **you** - parents of West Hartford at 9 am on October 26! (Please note that seating is limited and that most guests will be standing.) The West Hartford Cultural Council was founded in 1951 by a group of parents and teachers interested in enriching the curriculum by providing professional, educational and entertaining programs for the entire school district! Thank you Webster Hill parents for helping to make this possible!

To learn more about this group, please visit <http://www.guitarnebola.com/MasterFrameset.html>



October 27, 2010, Wednesday, 7:15 pm at Whiting Lane School. "Implementing Responsible Inclusion for Middle and High School Students."

This presentation by Sheila Blachman, Ph.D. will address the benefits and challenges of inclusion, in addition to presenting models of successful curriculum modifications and accommodations. Dr. Blachman currently works as the Inclusion Facilitator for the Newtown Board of Education and she teaches in the graduate school of Education at St. Joseph College.

November 5, 2010, Friday, 9:30-10:30 am at Panera Bread in Bishops Corner. Coffee & Conversation. Meet other West Hartford parents who have children receiving special education services. Please contact Carrie Berman at cberman01@snet.net if you have any questions.

DATES TO REMEMBER	
October 18	Yoga Grade 3-5 3:30-4:50 PM Gym
October 19	Family Yoga 6:30-7:45 PM Gym Cub Scout 141 Den Meeting 7-8pm Cafeteria Rm 5,12,16
October 20	Town Wide Cross Country 2:45 pm Charter Oak Grs. 3-5
October 21	Salad Bar Day at Webster Hill
October 22	Kindergarten Field Trip 9:30-12:00 Indian Orchard
October 24	Cub Scouts 141 / Food Drive 11-4 Stop & Shop West Htfd
October 25	Yoga Grade 3-5 3:30-4:50 pm Gym
October 26	Mad Science 2—3 pm Rm 17 Cub Scouts 141 Pack Meeting 7-8 pm Cafeteria
October 27	WHFD Visits Pre-Kindergarten and Kindergarten 9-10:30 am
October 28	PTO Meeting 7 pm Library (Preceded by Coffee & Conversation at 6:30 pm)

Family Yoga Night



Free Fun for Families!

Dear Families,

We are very excited to announce that we are offering our “Family Yoga Night” again this year here at Webster Hill. This is an excellent opportunity to spend time together as a family (parents must participate with their children) doing something healthy for your body, mind, and spirit. Join us as we come together for a fun filled evening of yoga. We will learn about the fundamental principles of yoga, considering physical alignment, breath work, and relaxation. Each class will have a theme to support us throughout the change of seasons and always, we will celebrate the importance of FAMILY.

This is an all levels class and instruction will meet the needs of our yoga students. We encourage those who have never tried yoga before; you do not need to be thin, flexible, or strong to do yoga, you just need to be present!

Yoga is a non-competitive, confidence-building activity that detoxes the body and has the potential to clear the mind of stress and negative thoughts.

There is *NO FEE* for these classes. This class is taught by Mrs. Shaverdian and Miss Dimick and the mats and other equipment are provided from a very generous grant from The West Hartford Foundation. These classes are appropriate for ALL Webster Hill students in

Grades 3-5 and their families (we ask that you not bring small children, as our goal is to create a peaceful and at times, quiet atmosphere).

Family Yoga Night will be held on the following dates:

October 19

November 16

December 14

January 11

February 8

March 8

April 12

May 10

Class will be held from 6:30 - 7:45 p.m. in the Webster Hill Gymnasium.

Although there is no obligation to register for all 8 classes, please sign up in the office or e-mail us when you do plan to attend. We encourage families to attend each month but you are welcome to come to just try it out for one class.

Questions? Please call or e-mail us. Hope to see you there!

Namaste,

Mrs. Shahverdian and Miss Dimick



October 2010

Dear Parents and Guardians,

Welcome back to a new school year full of exciting opportunities and challenges! Your child's health, safety, and well being are of the utmost importance to us. West Hartford's offerings in health education and physical education are one way we emphasize these essential parts of your child's total education in our schools.

As part of this health curriculum, each grade level does a unit called **HEART (Healthy Eating, Activity, and Reading Together)** during October for four weeks. This four-lesson unit emphasizes the importance of making healthy eating decisions and getting lots of physical activity daily. Your involvement and participation are essential. **Your child's teacher will send home a HEART Calendar Challenge and directions. Please return the completed calendar to your child's classroom teacher by November 5th.**

There are four primary resources that were used as the framework for these units.

1. *The Food Pyramid* emphasizes eating a variety of foods in order to get all the nutrients that your body needs. It is okay to eat all foods, **UNLESS** there is a medical reason (such as an allergy or diabetes), religious restriction, or family restriction.
2. *The National Dairy Council* has been a leader in dairy nutrition, research, education, and communication since 1915. Some of the supportive materials used in lessons come from materials provided by this group. They emphasize not only the importance of consuming dairy products, but also the importance of eating a variety of foods.
3. *The National 5 a Day for Better Health Program* emphasizes the importance of children and their families eating 5 to 9 servings of fruits and vegetables every day.
4. *CATCH (Child and Adolescent Trial for Cardiovascular Health)* is a research-based study that focuses on developing effective school health education for motivating healthier behaviors among children. It focuses on having students understand that there are healthier choices within each food group. Healthy eating is not a rigid set of standards, but requires that students make informed decisions. There are NO good or bad foods. You can eat all foods unless there are medical, religious, or family restrictions. One must consider frequency (HOW OFTEN) and portion size (HOW MUCH). What emerged was the concept of GO-SLOW-WHOA foods.

What are GO, SLOW, and WHOA foods?

The lists and/or pictures of GO, SLOW, and WHOA foods used in the classroom serve as **guidelines** to make healthful eating decisions. It is important to read labels to determine what is really in foods. Often foods are a combination of GO, SLOW and WHOA foods. Here is a website that might give you a clearer idea of these categories: <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/eat-right/choosing-foods.htm>

GO foods come from all food groups, provide valuable nutrients, and are low in salt, added sugar, and added fat. Some fat is healthy and necessary, but too often saturated fats are added in processing, either through commercial packaging or cooking. Portion size is still important. Some GO foods have more natural sugar than others so the portion size should be smaller.

SLOW foods come from all food groups and provide valuable nutrients, but may be higher in salt, added sugar, or added fat. A GO food can become a SLOW food by what we add, or how it is made. For example, a whole grain cereal with 1% milk and blueberries becomes a SLOW food when we add sugar. Fresh fruits are GO foods; canned fruits with light syrup and added sugar are SLOW foods. Whole grain bread is a GO; white processed bread is a SLOW. ***Most foods eaten daily should be primarily a combination of GO AND SLOW foods.***

WHOA foods can still be eaten. WHOA means to stop and think about the choice. These foods can be low in nutrient value or high in salt, added sugar, or added fat. Frying a food makes it a WHOA food. These are special occasion foods. Stop and think. How many times have I had foods like this today? How much should I eat? We all enjoy an occasional piece of pie or piping hot French fries, but we should not be eating half a pie nor having a super-size portion of fries daily. Moderation is the key.

Grade level	Content and skill focus
K-2	Make healthful eating decisions. Eat 5 to 9 servings of fruits and vegetables. Eat a variety of foods. Eat more GO and SLOW than WHOA foods.
3	Make healthful eating decisions. Read labels, including salt and fat content. Eat a variety of foods (Food Pyramid). Eat more GO and SLOW than WHOA foods.
4	Make healthful eating decisions. Set a goal to eat healthier. Eat a variety of foods (Food Pyramid), with a focus on lunch. Eat more GO and SLOW than WHOA foods, with a focus on lunch.
5	Make healthful eating decisions. Analyze the media's influence on food choices. Eat a variety of foods (Food Pyramid), with a focus on breakfast. Eat more GO and SLOW than WHOA foods, with a focus on breakfast.

Thank you in advance for your support with our health curriculum throughout the year. If you have any questions, please feel free to contact your child's teacher or me.

Rosemarie A. Bonner, Department Supervisor for Health and Physical Education
Email: rosemarie_bonner@whps.org Phone: (860) 561-6639



THE FLU: A Guide For Parents

FLU INFORMATION

What is the flu?

The flu (influenza) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. They cause illness, hospital stays and deaths in the United States each year. Influenza viruses are named for their type and subtype. Influenza viruses that commonly make people sick are influenza A H1N1 viruses, influenza A H3N2 viruses and influenza B viruses. Sometimes a new influenza virus emerges and starts spreading among people.

What is 2009 H1N1 flu?

Last flu season a new influenza A H1N1 virus spread worldwide among people. The new virus was called "2009 H1N1" for the year in which it was discovered and its subtype. (This virus was sometimes called "swine flu" or "novel flu".) This flu season, scientists expect both the 2009 H1N1 flu virus along with other seasonal influenza viruses to spread and cause illness.

How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long term health conditions, including asthma (even mild or controlled), neurological and neurodevelopmental conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), kidney, liver, and metabolic

disorders, and weakened immune systems due to disease or medication. Children with these conditions and children who are receiving long-term aspirin therapy can have more severe illness from the flu.

How does flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or nose.

What are the symptoms of the flu?

Symptoms of flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people with the flu will not have a fever.

How long can a sick person spread the flu to others?

People with flu may be able to infect others by shedding virus from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can shed virus for longer, and might be still contagious past 5 to 7 days of being sick, especially if they still have symptoms.

PROTECT YOUR CHILD

How can I protect my child against flu?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child. Vaccination is recommended for everyone 6 months and older. While everyone should get a flu vaccine each flu season, it's especially important that young children and children with long term health conditions get vaccinated. (See list of conditions under "How Serious is Flu?") Also, caregivers of children with health conditions or children younger than 6 months old should get vaccinated. (Babies younger than 6 months are too young to be vaccinated themselves.) Another way to protect babies is to vaccinate pregnant women because research shows that this gives some protection to the baby both while the woman is pregnant and for a few months after the baby is born. A new flu vaccine is made each year to protect against the three flu viruses that research indicates are most likely to cause illness during the next flu season. This season's vaccine protects against the H1N1 virus that caused so much illness last season, an influenza A H3N2 virus, and an influenza B virus. This season's flu vaccine is being made using the same safety and production methods and in the same dose as past flu vaccines. Over the years, millions of flu vaccines have been given in the United States. Flu vaccines have a very good safety record.

Is there medicine to treat the flu?

Antiviral drugs can treat flu illness. They can make people feel better and get better sooner and may prevent serious



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flu complications, like pneumonia, for example, that can lead to hospitalization and even death. These drugs are different from antibiotics, but they also need to be prescribed by a doctor. They work best when started during the first 2 days of illness. It's very important that antiviral drugs be used early to treat flu in people who are very sick (for example people who are in the hospital) or people who are at greater risk of having serious flu complications. Other people with flu illness may also benefit from taking antiviral drugs. These drugs can be given to children and pregnant women.

What are some of the other ways I can protect my child against the flu?

In addition to getting vaccinated, take – and encourage your child to take – everyday steps that can help prevent the spread of germs. This includes:

- ▶ Cover coughs and sneezes with a tissue. Throw the tissue in the trash after you use it.
- ▶ Stay away from people who are sick.
- ▶ Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ▶ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ▶ If someone in the household is sick, try to keep the sick person in a separate room from others in the household, if possible.
- ▶ Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.
- ▶ Throw away tissues and other disposable items used by sick persons in your household in the trash.

These everyday steps are a good way to reduce your chances of getting all sorts of illnesses, but vaccination is always the best way to specifically prevent flu.

What should I use for hand cleaning?

Washing hands with soap and water (for as long as it takes to sing the "Happy Birthday" song twice) will help protect against many germs. If soap and water are not available, use an alcohol-based hand rub.



IF YOUR CHILD IS SICK

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

If your child is 5 years and older and does not have other health problems and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed and make sure your child gets plenty of rest and drinks enough fluids.

If your child is younger than 5 years (and especially younger than 2 years) or of any age with a long term health condition (like asthma, a neurological condition, or diabetes, for example) and develops flu-like symptoms, they are at risk for serious complications from the flu. Ask a doctor if your child should be examined.



What if my child seems very sick?

Even children who have always been healthy before or had the flu before can get a severe case of flu.

Call for emergency care or take your child to a doctor right away if your child of any age has any of the warning or emergency signs below:

- ▶ Fast breathing or trouble breathing
- ▶ Bluish or gray skin color
- ▶ Not drinking enough fluids (not going to the bathroom or making as much urine as they normally do)
- ▶ Severe or persistent vomiting
- ▶ Not waking up or not interacting
- ▶ Being so irritable that the child does not want to be held
- ▶ Flu-like symptoms improve but then return with fever and worse cough
- ▶ Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

Can my child go to school, day care or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

When can my child go back to school after having the flu?

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (Fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F or 37.8°C.

For more information, visit www.cdc.gov/flu or www.flu.gov or call 800-CDC-INFO



La influenza: una guía para los padres

INFORMACIÓN SOBRE LA INFLUENZA

¿Qué es la influenza?

La influenza (gripe) es una infección de la nariz, la garganta y los pulmones causada por los virus de la influenza. Hay muchos virus diferentes de la influenza que cambian constantemente. Todos los años, los virus de la influenza causan enfermedades, hospitalizaciones y muertes en los Estados Unidos. Los virus de la influenza tienen nombres de acuerdo al tipo y al subtipo a los que pertenecen. Los que más comúnmente enferman a las personas son los virus de la influenza A H1N1, los A H3N2 y los B. Algunas veces, aparece un virus nuevo de influenza que comienza a transmitirse entre las personas.

¿Qué es la influenza 2009 H1N1?

En la temporada de influenza pasada, un virus nuevo de la influenza A H1N1 se propagó mundialmente. El nuevo virus recibió el nombre de "H1N1 2009" por su subtipo y el año en que fue descubierto. (A este virus a veces se le llamaba "gripe porcina" o "nueva influenza"). Para esta temporada de influenza, los científicos prevén que el virus de la influenza H1N1 2009 se propagará y causará enfermedades junto con otros virus estacionales de la influenza.

¿Qué tan grave es la influenza?

La influenza puede ser leve o grave. Si bien la influenza puede ser grave hasta en las personas sanas, la enfermedad puede ser particularmente peligrosa en niños pequeños o en niños de cualquier edad que padecen ciertas afecciones crónicas, como asma (aunque sea leve o esté bajo control), afecciones neurológicas y del desarrollo neurológico, enfermedades respiratorias crónicas, enfermedades cardíacas, enfermedades

de la sangre, trastornos endocrinos (como diabetes), enfermedades en los riñones o el hígado, trastornos metabólicos o sistemas inmunitarios debilitados debido a enfermedades o medicamentos. Los niños que padecen estas afecciones y los niños que reciben tratamientos prolongados con aspirina pueden enfermarse más gravemente debido a la influenza.

¿Cómo se contagia la influenza?

La mayoría de los expertos considera que los virus de la influenza se propagan a través de gotitas que se forman cuando la gente con influenza tose, estornuda o habla. Estas gotitas pueden llegar hasta la boca o la nariz de las personas que están cerca. Aunque no sucede a menudo, una persona también puede contagiarse de influenza al tocar una superficie o un objeto que contiene el virus y luego llevarse las manos a los ojos, la nariz o la boca.

¿Cuáles son los síntomas de la influenza?

Los síntomas de la influenza pueden incluir fiebre, tos, dolor de garganta, moqueo o congestión nasal, dolores en el cuerpo, dolor de cabeza, escalofríos y fatiga, y en ocasiones vómitos y diarrea. Algunas personas enfermas de influenza no tienen fiebre.

¿Por cuánto tiempo puede una persona enferma contagiar la influenza a los demás?

Las personas con influenza pueden infectar a los demás al propagar los virus desde 1 día antes de enfermarse hasta 5 a 7 días después. Sin embargo, los niños y las personas con sistemas inmunitarios debilitados pueden propagar los virus por más tiempo, y es posible que puedan seguir contagiando pasados los 5 a 7 días de enfermedad, en particular si todavía tienen síntomas.

CÓMO PROTEGER A SU HIJO

¿Cómo puedo proteger a mi hijo de la influenza?

Para protegerse contra la influenza, lo más importante y lo primero que debe hacer es vacunarse y vacunar a su hijo.

- ▶ Se recomienda la vacunación de todas las personas desde los 6 meses de edad en adelante.
- ▶ Si bien todos debemos vacunarnos contra la influenza en cada temporada, es especialmente importante que reciban la vacuna los niños pequeños y los niños con afecciones médicas crónicas. (Consulte la lista de afecciones en la sección "¿Qué tan grave es la influenza?")
- ▶ Las personas que cuidan a niños con afecciones médicas o bebés menores de 6 meses de edad también deben vacunarse. (Los bebés menores de 6 meses son muy pequeños para recibir la vacuna).
- ▶ Otra manera de proteger a los bebés es por medio de la vacunación de las mujeres embarazadas, ya que las investigaciones muestran que esto le brinda cierta protección al bebé antes de nacer y durante algunos meses después del nacimiento.

Todos los años se produce una nueva vacuna contra la influenza para que proteja contra los tres virus que, según las investigaciones, serán los que más probablemente causarán enfermedades durante la siguiente temporada de influenza. La vacuna de esta temporada protege contra el virus H1N1 que causó tantos casos de enfermedad durante la temporada pasada, un virus de la



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influenza A H3N2 y un virus de la influenza B. La vacuna contra la influenza de esta temporada se produce utilizando los mismos métodos de seguridad y producción, y en la misma dosis, que las vacunas contra la influenza anteriores. A través de los años, se han administrado millones de vacunas contra la influenza en los Estados Unidos. Las vacunas contra la influenza tienen un historial de seguridad muy bueno.

¿Hay medicamentos para tratar la influenza?

Los medicamentos antivirales pueden tratar la influenza. Pueden hacer que las personas se sientan mejor y se curen de forma más rápida, y pueden prevenir complicaciones graves de la influenza como, por ejemplo, la neumonía que puede requerir de hospitalización o incluso provocar la muerte. Estos medicamentos son diferentes a los antibióticos, pero también deben ser recetados por un médico. Tienen mejores resultados cuando se los comienza a tomar durante los primeros 2 días de enfermedad. Es muy importante que los medicamentos antivirales se usen al inicio de la enfermedad para tratar la influenza en las personas que están muy enfermas (por ejemplo, las personas que están en el hospital), o las personas que tienen un mayor riesgo de sufrir graves complicaciones por la influenza. Otras personas que contraen influenza pueden también beneficiarse si toman medicamentos antivirales. Los niños y las mujeres embarazadas pueden recibir estos medicamentos.

¿De qué otra manera puedo proteger a mi hijo contra la influenza?

Además de vacunarse, tome las medidas diarias que prevengan la propagación de los microbios, y enséñele a su hijo a que también lo haga. Estas medidas son:

- ▶ Cúbrase con un pañuelo desechable la boca y la nariz cuando tosa o estornude. Bote el pañuelo desechable usado a la basura
- ▶ Manténgase alejado de las personas enfermas.
- ▶ Lávese las manos frecuentemente con agua y jabón. Si no dispone de agua y jabón, use limpiadores para manos a base de alcohol.
- ▶ Evite tocarse los ojos, la nariz y la boca. Esta es la manera en que se propagan los microbios.
- ▶ Si alguien en su hogar está enfermo, trate, si es posible, de que la persona enferma se quede en una habitación separada de los demás residentes de la casa.
- ▶ Mantenga limpias las superficies como mesas de noche, superficies de los baños, mostradores de la cocina y juguetes de los niños. Para ello, puede pasar un trapo con un desinfectante doméstico y siga las instrucciones de la etiqueta del producto.
- ▶ Bote a la basura los pañuelos desechables y otros artículos desechables que haya utilizado la persona enferma en su hogar.

Estas medidas diarias son una buena manera de reducir las probabilidades de contagiarse de todo tipo de enfermedades, pero la vacunación es siempre la mejor forma de prevenir la influenza.

¿Qué debo usar para lavarme las manos?

Lavarse las manos con agua y jabón (durante el tiempo que

dura cantar "Feliz cumpleaños" dos veces) ayudará a protegerse contra muchos microbios. Si no dispone de agua y jabón, puede usar un limpiador para manos a base de alcohol.

SI SU HIJO ESTÁ ENFERMO

¿Qué puedo hacer si mi hijo se enferma?

Consulte con su médico pronto si le preocupa que su hijo tenga complicaciones debido a su enfermedad.

Si su hijo tiene 5 años de edad o más, no tiene ningún otro problema de salud y muestra síntomas de influenza, como fiebre o tos, consulte a su médico según sea necesario y asegúrese de que su niño descanse bastante y tome mucho líquido.

Si su hijo es menor de 5 años de edad (especialmente si es menor de 2 años), o de cualquier edad pero tiene una afección médica crónica (como asma, afección neurológica o diabetes, por ejemplo) y le aparecen síntomas de influenza, corre el riesgo de sufrir complicaciones graves por la influenza. Pregúntele a un médico si debe llevar a su hijo a una consulta.

¿Qué hago si mi hijo parece estar muy enfermo?

Hasta los niños que siempre han sido sanos o que ya han tenido la influenza pueden tener un caso grave de influenza.

Llame a los servicios de emergencia o lleve de inmediato a su hijo al médico si el niño, no importa la edad, presenta alguno de los signos siguientes que advierten de una emergencia médica:

- ▶ Respiración agitada o dificultad para respirar
- ▶ Tiene la piel de color azulado o grisáceo
- ▶ No está tomando suficientes líquidos (no está yendo al baño ni está orinando tanto como lo hace normalmente)
- ▶ Vómitos fuertes o constantes
- ▶ No se puede despertar fácilmente o no interactúa con otras personas
- ▶ Está tan molesto que no quiere que lo carguen
- ▶ Los síntomas de influenza mejoran, pero luego regresan con fiebre y una tos peor
- ▶ Tiene otras afecciones (como enfermedad del corazón o respiratoria, diabetes o asma) y presenta síntomas de influenza, entre ellos fiebre o tos.

¿Mi hijo puede ir a la escuela, la guardería o el campamento si está enfermo?

No. Su hijo debe quedarse en casa para descansar y evitar que contagie la influenza a otros niños o a las personas que le cuidan.

¿Cuándo puede regresar mi hijo a la escuela después de haber tenido influenza?

Mantenga a su hijo en casa y espere al menos 24 horas después de que ya no tenga fiebre para llevarlo a la escuela, la guardería o el campamento. (La fiebre debe haber desaparecido sin usar medicamentos para reducir la fiebre). Se considera que hay fiebre cuando la temperatura es de 100 °F o 37.8 °C.

Para obtener más información, visite www.cdc.gov/flu/espanol o www.flu.gov o llame al 800-CDC-INFO

WEBSTER HILL PTO NEWS

Mad Science coming soon to Webster Hill School!!!

OCTOBER 14, 2010

This 12-week program will begin on Wednesday, October 27, and will end Wednesday, January 26, 2011.

All classes will be held on Wednesday afternoons from 2 pm — 3 pm in Room 17, across from the cafeteria.

The cost for this program is \$169 (full payment or 4 payments of \$42.25—credit or debit card only, no checks. Registration is on-line only. Please see flyer sent home earlier this week for additional information.

Coffee and Conversation

The Webster Hill PTO cordially invites parents and staff to attend a Dessert and Coffee get together prior to the start of the PTO meeting on Thursday, October 28.



Please join us at 6:30 pm in the hall outside of the library to meet the PTO Board members and to have some dessert. We look forward to seeing you then.

BOX TOPS REMINDER!!

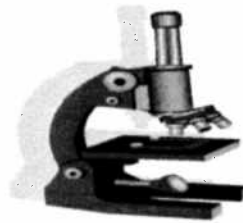
Webster Hill is participating in the Box Tops for Education program again this year.

Webster Hill earns 10 cents for each coupon. So, make sure to check all the packages at home before they go into the trash or recycling

The Stop & Shop A+ Program. Register your card!!



Please go to <http://www.stopandshop.com/aplus>



Friday, October 15

Fifth Graders return from Nature's Classroom trip.

Friday, October 22

Kindergarten Field Trip to Indian Orchard 9:30 am to Noon

Wednesday, October 27

West Hartford Fire Department Visits Pre-Kindergarten and Kindergarten 9—10:30 am



Please Join Us...

Our first PTO meeting will be held on Thursday, October 28, 2010. Please join us at 7:00 pm in the Library.

Mr. Wallowitz will review CMT scores and discuss preparation for 2011 testing.



Monday, November 8, 2010 is **Picture Retake Day**

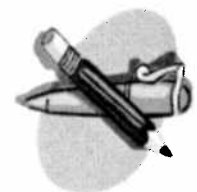
School Store Volunteers Needed!

11:30-12:00 Pre-Kindergarten and Kindergarten

12:00-12:30 Grade 1

12:30-1:00 Grades 4 and 5

1:00-1:30 Grades 2 and 3



Please call Helen Tekce at 860-313-1424 if you can help!

Webster Hill School Parent Teacher Organization

2010 – 2011 School year

Dear Webster Hill Parents:

The Webster Hill Parent Teacher Organization is a volunteer group that provides assistance in many different ways to our school and our community. Our work is ever more important in these difficult economic times as we continue to play an important role in the life of our school.

The Webster Hill PTO funds many programs that directly benefit our children. Here are a few examples. We provide financial support to the Webster Hill Scholarship Fund, the Second Grade Reptile Program and daily nutritious snacks for all students who take the CMT tests in March. We also support guest speakers, such as the artist-in-residence program. The Goodwill Pasta Dinner raises money for families in need in our community. The PTO also sponsors the 5th grade picnic at Camp Chase and our annual Grandparents Day program. There are numerous other projects and activities that the PTO contributes to, both financially and through the work of our parent volunteers.

But the only way these and future events are possible is with the continued support of our community through participation in fundraisers throughout the year and generous donations. During this school year, won't you consider making a donation to the PTO which will be fully tax-deductible when tax season arrives next year? If you would like to support a particular event or activity, you can earmark your donation. The PTO is a nonprofit organization and our activities are a matter of public record. Please feel free to contact PTO Treasurer Michael LaMarco (521-0744) for further information. Checks may be made payable to the **Webster Hill PTO** and dropped off at the school office.

If you are able, we hope you will assist the Webster Hill PTO in continuing programs it provides for the Webster Hill School. Thank you.



HALLOWEEN SAFETY REMINDERS FROM THE WEBSTER HILL PTO

Know where your children will be on Halloween - The best time to trick-or-treat is early evening. Preschool through third grade youngsters should be accompanied by an adult or responsible teenager. Older children should go with friends. Parents can help plan a route map for trick-or-treating around the neighborhood. And remind them only to visit homes or apartments where the lights are on.

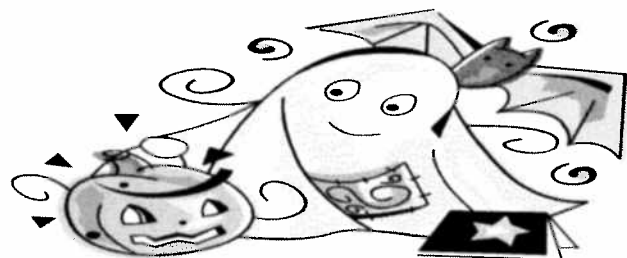
Set time limits with your children - How about tucking an alarm clock in the bag of older trick or treaters to signal when it's time to come home?

Review pedestrian rules - Cross streets at corners; watch for traffic in all directions; stick to sidewalks if possible; don't walk between cars or cut through vacant lots. Give kids a flashlight with fresh batteries.

Emphasize that all goodies need to be brought home for inspection before eating - Any doubt about something in the bag? Throw it out! Allow your child to eat only those treats that come in original, unopened wrappers. To avoid squabbles, combine all the food into one bag or bowl!

Costumes should be white or light - Decorate with reflective tape so motorists can easily see small ghosts and goblins.

Make-up or grease paint is better than a mask - Most make-up kits are non-toxic. Use liberal amounts of cold cream to remove. If your child does wear a mask, enlarge the eyeholes until he/she can see clearly.



Try on costumes before Halloween - Ask your child to walk around the house a bit. That way you can fix anything that might cause a fall or is constrictive. If the weather turns very cold, will it fit over a sweater or sweatshirt?

Strange costumes may frighten house pets - Instruct children to stay clear of cats and dogs while in costume. A strange costume can make even the tamest dog aggressive.